

CATALOG INFORMATION

Dept and Nbr: ATHL 51

Title: WOMEN'S VAR. WATER POLO

Full Title: Women's Varsity Water Polo

Last Reviewed: 2/27/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17.5	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 57

**Catalog Description:**  
Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies.

**Prerequisites/Corequisites:**  
Health and Safety.

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)  
Prerequisites/Corequisites: Health and Safety.  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1997	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1997	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Outcomes and Objectives:**

**I. THE STUDENT WILL:**

- A. develop advanced level skills and fundamentals for competition.
- B. understand and analyze team and individual concepts and strategies of intercollegiate competition.
- C. develop physical conditioning required for intercollegiate.
- D. evaluate their own conditioning and practice program necessary for competition.

**Topics and Scope:**

- I. History and Philosophy of Sport
- II. Review General Fundamentals
- III. Advanced Individual Offense and Defense
- IV. Advanced Team Plan
- V. Rules and Regulations of NCAA
- VI. Conditioning and Training
- VII. Psychology of Sport
- VIII. Conference Competition
- IX. Travel
- X. Sportsmanship
- XI. Strategy

**Assignment:**

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
25 - 60%

**Exams:** All forms of formal testing, other than skill performance exams.

SEASON PERFORMANCE-PS MATCHES

Exams  
10 - 25%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category  
25 - 60%

**Representative Textbooks and Materials:**